



Chicken Noodle Soup with Dill

Serves: 6 (about 1-1/2 cups)

Ingredients

10 cups reduced-sodium chicken broth (By all means use homemade chicken broth if you have it)
 3 medium carrots, diced
 1-2 large stalk celery, diced
 1 medium onion, diced
 3 tablespoon minced fresh ginger
 6 cloves garlic, minced
 4 ounces whole-wheat egg noodles, (3 cups) NOTE: wheat egg noodles as opposed to regular add fiber and nutrients and the reduced-sodium
 4 cups shredded cooked skinless chicken breast, (about 1 pound)
 3 tablespoon chopped fresh dill
 1 tablespoon lemon juice, or to taste

Cooking Directions

Step 1:

Bring broth to a boil in a Dutch oven. Add carrots, celery, onion, ginger, and garlic; cook, uncovered, over medium heat until vegetables are just tender, about 20 minutes.

Step 2:

Add noodles and chicken; simmer until the noodles are just tender, 8 to 10 minutes. Stir in dill and lemon juice.

Prep Time: 20 minutes

Total Time: 50 minutes to 1 hour

Calories: 267

Carbohydrates: 18g

Fat: 4g

Protein: 38g

Dietary Fiber: 2g

Submitted by: Darlene Osterhaus

Links to Sara's Favorites

Soups

Curried Cream of Broccoli Soup

<http://nomnompaleo.com/post/2345953636/curried-cream-of-broccoli-soup>

Creamy Cashew Butternut Squash Soup

<http://www.nytimes.com/recipes/1014339/creamy-cashew-butternut-squash-soup.html>

Sweet Potato Soup

<http://www.theclothesmakethegirl.com/2013/01/02/paleo-sweet-potato-soup/>

Snacks/Treats

Raw almonds with dried cranberries

Dates with almond butter

Almond milk warmed with honey

Add spinach to your favorite smoothie

Walnut Date Balls

<https://lovewithfood.com/recipes/1729-raw-walnut--date-balls>

No-Bake Macaroons

<http://primafav.blogspot.com/2012/06/chocolate-macaroon.html>

Paleo Naan (can be sweet or savory by adding flavors – salt, pepper, hot sauce, honey)

<http://myheartbeets.com/paleo-naan-indian-bread/>

Submitted by: Sara Crangle

Caramelized Brussels Sprouts

Dietitian Recipe of the Month from Hy-Vee

Serves 4

All You Need:

- 12-14 large Brussels sprouts
- 1 tbsp Hy-Vee Select olive oil
- 2 cloves garlic, minced
- pinch sea salt
- 2 tsp Hy-Vee brown sugar
- 1/4 cup roughly chopped Hy-Vee pecans or Hy-Vee walnuts, toasted
- Optional: fresh orange juice, minced fresh ginger

All you do:

1. Slice each Brussels sprout very thinly until you have a mound of feathery Brussels sprout ribbons.
2. Heat the olive oil over medium-high heat in a large skillet; sauté the garlic for 30 seconds.
3. Add the Brussels sprouts and continue sautéing for another 4-5 minutes, until bright green and tender.
4. Add sea salt and brown sugar and toss together. Finish by adding toasted nuts. Optional: squeeze a few tablespoons of fresh orange juice over dish or add some minced fresh ginger for some extra heat.

Nutrition facts per serving: 110 calories, 8 g fat, 1 g saturated fat, 0 trans fat, 0 cholesterol, 15 mg sodium, 9 g carbohydrate, 3 g fiber, 4 g sugar, 3 g protein. Vitamin A 8%, Vitamin C 80%, Calcium 4%, Iron 6%.

Submitted by: Mary Spinks

Source: Hy-Vee Healthy Bites March Newsletter

Real-Deal Chocolate Chip Cookies

Makes 1 dozen

Ingredients

- ¼ cup palm shortening or grassfed butter
- ¼ cup coconut palm sugar
- 2 tablespoons honey
- 1 large egg, room temperature
- 2 teaspoons vanilla
- 1½ cups blanched almond flour
- 2 tablespoons coconut flour
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- ¼ cup dark chocolate pieces (just chop up a dark chocolate bar)
- ¼ cup enjoy life chocolate chips

Submitted by: Stephanie Bannister
Source: AgainstAllGrain.com

Instructions:

1. Preheat oven to 350 degrees F.
2. In a food processor, cream the palm shortening, coconut sugar, honey, egg, and vanilla for about 15 seconds until smooth and fluffy.
3. Add the almond flour, coconut flour, baking soda and sea salt and mix again until combined, about 30 seconds. Scrape down the sides of the bowl if needed in order to incorporate all of the flour. Pulse once or twice more.
4. Stir in the chocolate chips by hand.
5. Place golf-ball sized balls of dough on a cookie sheet lined with parchment or a SilPat. Using another sheet of parchment on top of the dough, flatten them slightly with the palm or your hand or a spatula. The cookies don't spread much so create the size and thickness you want prior to baking them.
6. Bake for 9-12 minutes, until slightly golden around the edges.

Chicken Jicama Tacos

Makes 10 servings

Ingredients and Instructions:

- 1 oz. chipotle pepper in adobo sauce
- 1 tbsp. + 2 ¼ tsp. water
- ¼ c. + 1 tbsp. fresh whole cilantro
- ½ tsp. coarse flake kosher salt
- ½ tsp. real lime juice (or fresh)
- 1 tbsp. + ¾ tsp. apple cider vinegar
- 1/8 tsp. ground cumin

Puree chipotle sauce, water, cilantro, salt, lime juice, vinegar, & cumin in blender.

5 (4 oz. size) raw skinless boneless chicken breast fillets

Pour marinade over chicken breasts and marinate over night. Day of service: chargrill chicken breast until 165 degrees F. Allow chicken to rest for 10 minutes. Slice into strips..

3 ¼ oz. sliced jicama

Soak jicama slices in water.

½ c. + 2 tbsp. guacamole

½ c. + 2 tbsp. pico de gallo

1 ½ fresh lime wedges

To assemble plate: 2 oz. chicken on top of 1 jicama slice. Top with 1 tbsp. guacamole and 1 tbsp. pico de gallo. Serve with lime wedge (s).

Submitted by: Cheryl Wiley

KU hosted the "Innovations for the Allergic Diner" 1-day Conference in November and received rave reviews for this new menu item served in our allergen-free serving station.

Roasted Brussels Sprouts

Makes 6 servings

Ingredients

1 1/2 pounds Brussels sprouts
3 tablespoons good olive oil
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Instructions:

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

Per Serving: Calories: 109; Total Fat: 7 grams; Saturated Fat: 1 gram; Protein: 4 grams; Total carbohydrates: 10 grams; Sugar: 2 grams; Fiber: 4 grams; Cholesterol: 0 milligrams; Sodium: 269 milligrams

Submitted by: Terri Wyrick

Popcorn Delight

Makes 1 serving

Ingredients and Instructions

3 cups popped fat-free unsalted popcorn
1 tablespoon sliced almonds
2 tablespoons raisins or other dried fruit such as cranberries, apricots or dates
1/2 teaspoon ground cinnamon
1 teaspoon sugar
In a medium bowl, combine the ingredients and toss well.

Nutrition Facts per Serving:

Calories: 230

Fat: 7 g

Saturated fat: 1 g

Carbohydrates: 39 g

Fiber: 6 g

Protein: 6 g

Sodium: 274 mg

Submitted by: Mary Spinks
Recipe by John Wiley & Sons

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Ingredients:

(these are just approximations)
 3 large bell peppers, red, orange (+green; I like the red (organics are really sweet) and orange best) sliced into strips about 1/4 in across (can use yellow sweet banana peppers)
 1 onion sliced thin
 1 tablespoon olive oil
 1 tomato peeled & sliced
 Salt, sweet Hungarian paprika as desired; may add little honey (sugar) if using green peppers

Preparation:

Saute onions in olive oil, add peppers and the rest of the ingredients and cook covered about 10-15 minutes until tender (depends on the type of pepper), then cook uncovered for 5 minutes or so until most of the liquid is gone.

Some people add eggs, make it with garlic, sausage, eat it with rice, etc. One can serve it as a main dish or as a side dish. You can go on the Internet and find many variations and clarification of my recipe.

Submitted by: Eva Hays

This is Eva's favorite and a very common and simple dish in her native country with many, many variations.

Banana Chocolate Chip Baked Oatmeal Singles

Makes 18 servings

Ingredients

3 cups old-fashioned oats
 1/2 cup packed brown sugar
 2 teaspoons baking powder
 1/2 teaspoon salt
 2 egg whites
 1 egg
 1 1/4 cups skim milk
 3/4 c mashed bananas
 1 teaspoon vanilla extract
 3/4 c semi-sweet chocolate chips

Submitted by: Janet Koerner

Source: Emily Bites Blog

Directions:

1. Preheat the oven to 350. Lightly mist 18 cups in a muffin tin with cooking spray.
2. Combine the oats, brown sugar, baking powder and salt in a large bowl and stir until thoroughly mixed.
3. In a separate bowl, whisk together the egg whites, egg, mashed banana, milk and vanilla. Add the wet ingredients to the dry ingredients and stir until blended together. Stir in the chocolate chips.
4. Spoon the oatmeal mixture evenly between the prepared muffin cups. Bake uncovered for 18-22 minutes or until oatmeal is lightly browned and a toothpick inserted into the middle comes out clean.

Weight Watchers Points Plus: 3 per single (P+ calculated using the recipe builder on weightwatchers.com)
 Nutrition Information per single from myfitnesspal.com: 127 calories, 22g carbs, 4 g fat, 3 g protein, 2 g fiber

Nell's Carrot Cake

Makes 1 (3-layer) cake

Ingredients (Cake)

2 cups all purpose flour
 2 teaspoons baking soda
 ½ teaspoon salt
 2 teaspoons ground cinnamon
 ½ teaspoon ground nutmeg
 ¼ teaspoon ground ginger
 1 cup sugar
 1 cup firmly packed brown sugar
 1 cup buttermilk
 ¾ cup vegetable oil
 4 large eggs
 1½ teaspoons vanilla extract
 1 (1 pound) bag carrots, peeled and grated
 1 (8 ounce) can crushed pineapple, drained
 1 cup chopped pecans
 1 cup flaked coconut
 ½ cup raisins

Ingredients (Frosting)

½ cup butter at room temp
 1 (8 ounce) package cream cheese at room temp
 1 (16 ounce) box confectioner's sugar
 1 teaspoon vanilla extract

Directions

Preheat oven to 350. For the cake, grease and flour three 9-in cake pans. Line the bottoms with wax paper. Grease and flour the wax paper. In a large bowl, sift together the flour, baking soda, salt, cinnamon, nutmeg, and ginger. In another bowl, mix the granulated sugar and brown sugar. Stir the buttermilk, oil, eggs and vanilla into the sugar mixture. Mix well. Pour the flour mixture into the sugar mixture. Add the carrots, pineapple, pecans, coconut and raisins. Stir these until well blended. Pour the batter equally into the three cake pans. Bake for 30 minutes or until wooden toothpick inserted in the center comes out clean. Cool the cake layers in pans for 10 minutes. Loosen the layers from the pans and invert onto wire racks, peel off the wax paper and cool completely.

For frosting, in a large mixing bowl beat the butter and cream cheese until light and fluffy. Add the confectioner's sugar and vanilla and mix until it's a smooth consistency.

Submitted by: Bill Heimann

Source: The Blue Willow Inn Bible of Southern Cooking